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Assessment of Rehabilitation Services for Women Persons Deprived of Liberty in District and City Jails in Region XIII, Philippines: A Mixed-Methods Evaluation of Health, Educational, Livelihood, Interfaith, Paralegal, and Mental Health Programs

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ABSTRACT

This study assessed the rehabilitation services provided to women Persons Deprived of Liberty (PDL) in Region XIII, focusing on Surigao City Jail, Surigao del Norte District Jail, and Butuan City Jail. Using a mixed-methods design, quantitative data were collected from 51 respondents through structured questionnaires, while qualitative data were obtained from 16 participants through interviews and focus group discussions. Data were analysed using descriptive statistics, the Kruskal–Wallis test, and thematic analysis. Six service areas were assessed: health, education, livelihood, interfaith, paralegal, and mental health. Findings showed that rehabilitation services were highly implemented (grand mean= 4.58), with educational and interfaith programs receiving the highest ratings, while health services obtained the lowest mean but remained within the highly implemented range. Significant differences in perceptions were observed based on jail type, type of classification, length of stay, and educational attainment. Qualitative findings further revealed that these programs supported personal development, emotional stability, spiritual growth, and reintegration readiness, although improvements are needed in health services, nutrition, mental health support, and the sustainability of livelihood programs. The study concludes that rehabilitation services in Region XIII generally support the well-being and reintegration of women PDL. However, strengthening health and mental health services, improving livelihood opportunities, ensuring equitable resource distribution, and conducting continuous program evaluation are recommended to enhance gender-responsive and effective rehabilitation.

Keywords: Women Persons Deprived of Liberty (PDL); Rehabilitation Services; Gender-Responsive Corrections; Bureau of Jail Management and Penology (BJMP); Region XIII; Mixed-Methods Research; Health Services; Educational Programs; Livelihood Programs; Mental Health Services; Reintegration; Correctional Rehabilitation.

1.0. Introduction

The increasing number of incarcerated women has been recognized as a growing global concern, as correctional systems have struggled to respond to their distinct needs (Penal Reform International, 2021). Many have lived through abuse, poverty, and other social difficulties before being incarcerated. These experiences may contribute to their involvement in criminal activities and influence the kind of rehabilitation support they need to successfully rebuild their lives and return to society (UNODC, 2018). However, the availability and quality of rehabilitation programs are not always the same across correctional facilities due to differences in resources, personnel, and institutional support (Leonor, 2023).

In the Philippines, these differences can be seen between district and city jails. Factors such as funding, inmate population, staff competence, and partnerships with community organizations can affect how rehabilitation programs are implemented and how women benefit from them. Therefore, it is important to ensure that all female persons deprived of liberty have equal access to effective rehabilitation programs regardless of the facility where they are confined.

The Bureau of Jail Management and Penology (BJMP) has implemented gender-responsive rehabilitation programs that include health care, education, livelihood training, psychosocial interventions, and spiritual development to address the specific needs of women Persons Deprived of Liberty (PDL) and facilitate their

successful reintegration into society (BJMP, 2024; UNODC, 2014). These initiatives are consistent with the principles of the United Nations Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders (Bangkok Rules), which emphasize gender-sensitive correctional management and rehabilitation for incarcerated women. However, despite these efforts, persistent challenges such as overcrowding, limited financial and human resources, and inadequate facilities continue to affect the quality and consistency of rehabilitation services across correctional institutions (Bersamina et al., 2021; Alipoyo, 2022). Likewise, Leonor (2023) found that differences in institutional capacity, personnel, and community support resulted in varying levels of implementation of rehabilitation programs, leading to unequal access to services among Persons Deprived of Liberty.

The study sought to determine the extent to which these rehabilitation services are implemented and to explore the lived experiences of women PDL who participated in them. By identifying strengths and implementation gaps, the study aims to contribute to the development of more responsive, sustainable, and gender-sensitive correctional interventions that support successful rehabilitation and community reintegration.

1.1. Study Objectives

This study aimed to assess rehabilitation services provided to women Persons Deprived of Liberty (PDL) in selected district and city jails in Region XIII. Specifically, it aimed to:

1) Describe the demographic profile of women Persons Deprived of Liberty in terms of jail type, age, type of classification, length of stay, civil status, crime as charged and educational attainment.

2) Determine the extent of implementation of health, educational, livelihood, interfaith, paralegal, and mental health rehabilitation services provided to women Persons Deprived of Liberty.

3) Examine whether significant differences exist in respondents' perceptions of rehabilitation services when grouped according to their demographic profile.

4) Explore the lived experiences of women Persons Deprived of Liberty regarding the rehabilitation services provided in district and city jails in Region XIII, Philippines.

5) Identify the strengths, challenges, and gaps in the implementation of rehabilitation services for women Persons Deprived of Liberty.

6) Develop evidence-based recommendations for strengthening rehabilitation policies and programs for women Persons Deprived of Liberty.

1.2. Hypothesis

Ho1: There is no significant difference in the perception of the respondents regarding the rehabilitation services for women persons deprived of liberty being implemented in in District and City jails in Region XIII, Philippines when they are grouped according to their demographic profiles.

2.0. Literature

Literature shows that women's incarceration has been increasing both globally and locally, with growth rates surpassing those of men (Fair & Walmsley, 2022). Women's pathways to incarceration are closely linked to poverty, trauma, and social inequality, which shape their experiences within the criminal justice system (Beichner and Hagemann, 2022).

Both local and international studies show that women in detention experience challenges that are different from those faced by men. These often include mental health concerns, reproductive health issues, and the emotional impact of separation from their families (Nieva, 2024). This suggests that correctional systems that do not consider the specific needs of women may not be fully effective.

Research also emphasizes the importance of rehabilitation programs in helping women Persons Deprived of Liberty improve their lives and prepare for reintegration into society. Programs such as education, livelihood training, psychosocial support, and spiritual or faith-based interventions have been shown to support personal growth and successful reintegration into the community (Sarenas et al., 2024). In particular, spiritual and religion-based activities have been found to contribute to emotional stability, coping, and moral transformation, reinforcing their role in offender rehabilitation and prisoner well-being (Jang & Johnson, 2023). However, the effectiveness of these programs is often affected by overcrowding, limited resources, and variations in implementation across facilities (Leonor, 2023).

In addition, rehabilitation services vary across jail facilities. City and district jails often operate under different institutional conditions that affect the availability, quality, and consistency of program delivery, particularly in terms of staffing, resources, and infrastructure (Lindquist & Lindquist, 1999; Wirya et al., 2020; Painaga & Parreño, 2025). Although correctional policies are generally aligned with international standards on humane treatment and rehabilitation, challenges in ensuring consistent implementation remain evident across facilities, especially in resource-constrained settings (United Nations Office on Drugs and Crime [UNODC], 2018; World Health Organization, 2014).

Overall, the literature highlights the need for rehabilitation programs that are responsive to women's needs, adequately supported, and consistently implemented across all correctional settings. These issues serve as the basis for this study, which examines rehabilitation services for women Persons Deprived of Liberty (PDL) in different jail settings to identify gaps and propose evidence-based improvements in correctional practice.

3.0. Methodology

3.1. Research Design

This study employed a mixed-methods design to assess the rehabilitation services for women Persons Deprived of Liberty (PDL) and to examine their lived experiences in district and city jails in Region XIII. The design integrated both quantitative and qualitative approaches to provide a more comprehensive understanding of the phenomenon.

The quantitative component used a descriptive survey design through structured questionnaires to gather data on respondents' demographic profiles and their assessment of rehabilitation services. Descriptive statistics such as frequency count, percentage, mean, and standard deviation were used, while the Kruskal- Wallis test was applied to determine significant differences among groups.

The qualitative component utilized in-depth interviews (IDIs) and focus group discussions (FGDs) to explore the lived experiences of women PDL in relation to the rehabilitation programs they accessed within the jail facilities.

3.2. Research Setting

The study was conducted in three jail facilities in Region XIII, Philippines: Surigao City Jail located in Barangay Bonifacio (Silop), Surigao City; Surigao del Norte District Jail along Jose Sering Road, Surigao City; and Butuan City Jail in Barangay Libertad, Butuan City, Agusan del Norte. These facilities were selected because they housed women PDL, who were the primary participants of the study. Their inclusion provided direct access to respondents and ensured that the data gathered were aligned with the objectives of the research.

3.3. Research Respondents and Sampling Procedure

For the quantitative part of the study, a non-probability total enumeration sampling method was used. All 51 women Persons Deprived of Liberty (PDL) who met the study criteria were included in the survey. Of these, 11 came from Surigao del Norte District Jail, 16 from Surigao City Jail, and 24 from Butuan City Jail. The participants were female PDL who were currently detained in the identified facilities, willing to take part in the study, and able to understand and answer the questionnaire.

For the qualitative part, 16 women PDL participated in in-depth interviews (IDIs) and focus group discussions (FGDs). This group included 9 from Surigao del Norte District Jail, 5 from Surigao City Jail, and 2 from Butuan City Jail. They were selected based on their willingness to share their experiences, their length of stay in detention, and their involvement in rehabilitation programs.

3.4. Research Instrument

This study utilized a researcher-made structured questionnaire and semi-structured interview guides as primary research instruments.

The questionnaire consisted of two parts. The first part collected demographic information such as jail type, age, classification, length of stay, civil status, crime charged, and educational attainment. The second part measured the respondents' assessment of rehabilitation services, which included health services, educational programs, livelihood programs, interfaith programs, paralegal services, and mental health services. A five-point Likert scale was used to determine the level of agreement of the respondents.

To complement the quantitative data, semi-structured interview guides were used for IDIs and FGDs. These contained open-ended questions designed to explore the lived experiences of women PDL in relation to rehabilitation services, allowing for deeper and more detailed responses.

3.5. Scoring Procedure

The level of agreement of respondents on rehabilitation services was interpreted using a five-point Likert scale as follows:

Score	Range	Verbal Interpretation	Descriptive Interpretation
5	4.21 – 5.00	Strongly Agree	Highly Implemented
4	3.41 – 4.20	Agree	Implemented
3	2.61 – 3.40	Fairly Agree	Moderately Implemented
2	1.81 – 2.60	Disagree	Poorly Implemented
1	1.00 – 1.80	Strongly Disagree	Not Implemented

3.6. Validation of Instrument

The research instrument was developed by the researcher and reviewed by both internal and external experts to ensure clarity, relevance, and alignment with the research objectives. Suggestions from the experts were incorporated to improve the content validity of the tool.

Reliability testing was conducted using Cronbach's Alpha based on pilot responses. The overall reliability coefficient of 0.98 indicated excellent internal consistency, which exceeded the acceptable threshold established in psychometric standards (Fornell and Larcker, 1981; Nunnally and Bernstein, 1994). This confirmed that the instrument was reliable for data collection.

3.7. Data Gathering Procedure

The researcher followed a structured process in securing permission to conduct the study in the selected jail facilities. Formal letters were submitted to the jail wardens, which were then endorsed to the Regional Office of the Bureau of Jail Management and Penology (BJMP) CARAGA. Following the review and evaluation of the request, approval was granted.

The researcher was required to sign an undertaking as a formal agreement with BJMP CARAGA, ensuring compliance with institutional rules and ethical standards throughout the conduct of the study.

After approval, coordination with jail administrators was conducted for data collection scheduling. The quantitative data were gathered through the administration of structured questionnaires to eligible women PDL. Meanwhile, qualitative data were collected through in-depth interviews and focus group discussions, ensuring voluntary participation, confidentiality, and a safe environment for sharing experiences.

3.8. Statistical Tools and Data Analysis

The quantitative data were analyzed using appropriate statistical tools.

Frequency count and percentage were used to describe the demographic profile of respondents, including jail type, age, civil status, classification, length of stay, crime charged, and educational attainment.

Arithmetic mean and standard deviation were used to assess the extent of implementation of rehabilitation services. The mean was used to determine the overall assessment of the respondents, while the standard deviation showed how similar or varied their responses were.

To identify whether there were significant differences in the respondents' assessments when grouped according to their demographic characteristics, the Kruskal-Wallis test was applied.

For the qualitative data, thematic analysis based on the approach of Braun and Clarke (2006) was employed. The interview and focus group discussion transcripts were transcribed and carefully reviewed several times to gain a thorough understanding of the data. Important statements related to rehabilitation services, including health care, education, livelihood programs, interfaith activities, paralegal assistance, and mental health support, were identified and coded. Similar codes were then organized into themes that reflected the experiences of women PDL.

These themes were used to complement and explain the quantitative findings, providing deeper insights into the effectiveness and limitations of rehabilitation services.

3.9. Ethical Considerations

This study strictly adhered to ethical standards throughout its conduct. All participants were fully informed about the purpose of the study and provided voluntary informed consent before participation. Their rights, dignity, privacy, and well-being were prioritized in accordance with the guidelines of the Bureau of Jail Management and Penology (BJMP).

Confidentiality was strictly maintained, and all data including recordings and transcripts were securely stored and used solely for academic purposes. Access to sensitive information was limited only to the researcher. Participation was voluntary, and respondents were free to withdraw at any stage without any consequences. The study also ensured that no coercion, pressure, or harm was imposed on participants, and sensitive questions that could cause distress were avoided.

4.0. Results and Discussions

This study describes the demographic profile of the women PDL, assesses rehabilitation services across six key areas, and explores their experiences with these services.

To support the quantitative results, selected narratives from the qualitative findings are included to illustrate the experiences of women PDL and provide deeper insight into how the rehabilitation services affected them.

4.1. Demographic Profile of the Respondents

Table 1 presents the frequency and percentage distribution of women persons deprived of liberty (PDL) in terms of jail type, age, type of classification, length of stay in jail, civil status, crime as charged and educational attainment.

Table 1. Frequency and Percentage Distribution of Women Persons Deprived of Liberty (PDL) Respondents According to Their Demographic Profile.

Profile	Frequency	% Of Total	Cumulative %
Jail Type			
Surigao Del Norte District Jail	11	21.6%	21.6%
Surigao City Jail	16	31.4%	52.9%
Butuan City Jail	24	47.1%	100.0%
Age			

18-25 Years of Age	5	9.8%	9.8%
26-35 Years of Age	14	27.5%	37.3%
36-45 Years of Age	18	35.3%	72.5%
46-55 Years of Age	9	17.6%	90.2%
56 Years of Age and Above	5	9.8%	100.0%
Type Of Classification Detainee	49	96.1%	96.1%
Convicted	1	2.0%	98.0%
Others	1	2.0%	100.0%
Length Of Stay in Jail Less Than 6 Months	20	39.2%	39.2%
6 Months but Less Than 1 Year	12	23.5%	62.7%
1 Year To 3 Years	8	15.7%	78.4%
More Than 3 Years	11	21.6%	100.0%
Civil Status Single	26	51.0%	51.0%
Common Law	3	5.9%	56.9%
Married	14	27.5%	84.3%
Separated/Divorce	1	2.0%	86.3%
Widowed	7	13.7%	100.0%
Crime As Charged Crimes Against Property	4	7.8%	7.8%
Crimes Against Person	10	19.6%	27.4%
Crimes Against Special Laws	37	72.5%	100.0%
Educational Attainment Elementary Level	2	3.9%	3.9%
Elementary Graduate	5	9.8%	13.7%
High School Level	12	23.5%	37.2%
High School Graduate	17	33.3%	70.5%
Vocational	2	3.9%	74.4%
College Level	8	15.7%	90.1%
College Graduate	4	7.8%	97.9%
Postgraduate	1	2.0%	100.0%
Total	**51**		

The results show that most women PDL are confined in city jails, with Butuan City Jail having the highest number of respondents, followed by Surigao City Jail, while Surigao del Norte District Jail has the lowest representation. Most respondents fall within the 36–45 age group, and the majority are detainees rather than convicted PDL. Many have stayed in jail for less than six months. In terms of civil status, most are single, with fewer identified as

married, separated, or divorced. Regarding the crimes charged, most women are detained for violations of special laws, while fewer are involved in crimes against persons or property. In terms of educational attainment, most respondents have completed high school, while only a few have vocational training or higher education. Overall, the typical respondent appears to be a middle-aged, single detainee from a city jail, charged under special laws, with a high school education and a relatively short stay in detention.

These findings are consistent with both local and international studies showing that many women in prison come from socially and economically disadvantaged backgrounds, experience overcrowding in urban detention facilities, and face delays in court proceedings that may limit their participation in rehabilitation programs (Beichner and Hagemann, 2022; Penal Reform International and Thailand Institute of Justice, 2019; Sunico, 2024; Nieva, 2024; Caño et al., 2024). The respondents' educational profile also highlights the importance of providing accessible educational, vocational, and livelihood programs to address varying educational needs within correctional facilities. Previous research has shown that correctional education contributes to improved educational attainment, employability, and successful reintegration after release (Davis et al., 2013; Stickle & Schuster, 2023). Furthermore, the predominance of special law violations reflects previous findings that women are more frequently incarcerated for non-violent and regulatory offenses, reinforcing the need for gender-responsive rehabilitation programs that address their specific circumstances and reintegration needs (UN Women, 2022; Beichner and Hagemann, 2022). Overall, these results emphasize the importance of rehabilitation programs that are responsive to the realities and diverse needs of women PDL.

4.2. Extent of Implementation of Rehabilitation Services

Table 2 presents the assessment of the extent of implementation of rehabilitation services in terms of health services.

Table 2. Assessment of the Extent of Implementation of Health Services as a Component of Rehabilitation Services for Women Persons Deprived of Liberty (PDL) in District and City Jails in Region XIII, Philippines.

Health Services	**Mean**	**Verbal Description**	**Interpretation**
1. Regular medical check-ups and treatments were provided.	4.41	Strongly Agree	Highly Implemented
2. Doctors and nurses were available in the facility to provide services.	4.45	Strongly Agree	Highly Implemented
3. The facility provided health services sensitive to women PDLs' needs.	4.49	Strongly Agree	Highly Implemented
4. Health screenings for communicable diseases were conducted regularly.	4.61	Strongly Agree	Highly Implemented
5. Medications and medical supplies were adequately stocked.	4.27	Strongly Agree	Highly Implemented
Overall Mean	**4.45**	**Strongly Agree**	**Highly Implemented**

Among the indicators, "Health screenings for communicable diseases are conducted regularly" obtains the highest mean score, indicating that preventive health measures are strongly observed. This reflects how facilities place importance on early detection and disease prevention, which is especially critical in correctional settings where individuals live in close quarters. Preventive care remains a key component of maintaining health and reducing risks in such environments.

On the other hand, "Medications and medical supplies are adequately stocked" receives the lowest mean score, although it is still interpreted as highly implemented. This indicates that while medical resources are generally available, there may be occasional challenges in maintaining a steady supply.

The high ratings given to gender-sensitive health services and the availability of medical personnel also show that the facilities recognize the specific health needs of women. This is particularly important, as women in detention often face unique physical and reproductive health concerns that require proper attention and care.

Overall, the findings show that health services in district and city jails in Region XIII are highly implemented and responsive to the needs of women PDL. The strong focus on preventive care, access to healthcare professionals, and gender-sensitive services reflects alignment with international standards on the treatment of women prisoners. The United Nations Rules for the Treatment of Women Prisoners (Bangkok Rules) emphasize that women should have access to gender-specific and preventive healthcare services comparable to those available in the community (United Nations, 2010). In the same way, the World Health Organization highlights the importance of disease prevention, continuity of care, and adequate medical resources in prison health systems (World Health Organization, 2014). While the overall results are positive, ongoing monitoring and improvements in the provision of medical supplies and routine care can further strengthen health service delivery as part of rehabilitation.

Table 3 presents the assessment of the extent of implementation of rehabilitation services in terms of educational programs.

Table 3. Assessment of the Extent of Implementation of Educational Programs as a Component of Rehabilitation Services for Women Persons Deprived of Liberty (PDL) in District and City Jails in Region XIII, *Philippines*

Educational Programs	**Mean**	**Verbal Description**	**Interpretation**
1. The facility provided literacy programs for women PDL.	4.67	Strongly Agree	Highly Implemented
2. The educational programs offered opportunities for mandatory education.	4.76	Strongly Agree	Highly Implemented
3. Inmates were actively encouraged to participate in educational programs.	4.75	Strongly Agree	Highly Implemented
4. Necessary learning materials were provided.	4.61	Strongly Agree	Highly Implemented
5. Educational progress was regularly monitored.	4.76	Strongly Agree	Highly Implemented
Overall Mean	4.71	**Strongly Agree**	**Highly Implemented**

Table 3 presents the assessment of rehabilitation services in terms of educational programs as perceived by women persons deprived of liberty (PDL) in district and city jails in Region XIII. All indicators are rated as highly implemented, with an overall mean of 4.71. This suggests that respondents generally view the educational programs as consistently supporting their rehabilitation.

The indicators "The educational programs offered opportunities for mandatory education" and "Educational progress is regularly monitored" obtain the highest mean scores. This indicates that the jails provide access to required education while also keeping track of the academic progress of women PDL. Such structured monitoring, along with accessible programs, helps maintain participation and encourages continuous learning.

On the other hand, "Necessary learning materials are provided" receives the lowest mean score, although it still falls under the "Highly Implemented" category. This suggests that while learning materials are available, there is still room to improve their adequacy and quality to better support the learning needs of the inmates.

Overall, the strong implementation of educational programs highlights their important role in rehabilitation. Education within correctional facilities helps individuals develop skills, build self-confidence, and prepare for reintegration into society. Existing research also shows that participation in correctional education is associated with better post-release outcomes and lower chances of reoffending (Stickle & Schuster, 2023). This supports the present findings, suggesting that further strengthening educational services—particularly in providing sufficient learning resources—can enhance rehabilitation efforts for women PDL. Table 4 presents the assessment of the extent of implementation of rehabilitation services in terms of educational programs.

Table 4. Assessment of the Extent of Implementation of Livelihood Programs as a Component of Rehabilitation Services for Women Persons Deprived of Liberty (PDL) in District and City Jails in Region XIII, Philippines

Livelihood Programs	**Mean**	**Verbal Description**	**Interpretation**
1. Livelihood projects provided income-generating activities for inmates.	4.65	Strongly Agree	Highly Implemented
2. The jail supported inmates in managing livelihood projects.	4.57	Strongly Agree	Highly Implemented
3. Training on financial management was provided.	4.59	Strongly Agree	Highly Implemented
4. Programs prepared inmates for reintegration.	4.57	Strongly Agree	Highly Implemented
5. Program effectiveness was regularly evaluated.	4.41	Strongly Agree	Highly Implemented
Overall Mean	**4.56**	**Strongly Agree**	**Highly Implemented**

Table 4 presents the assessment of rehabilitation services in terms of livelihood programs as perceived by women persons deprived of liberty (PDL) in district and city jails in Region XIII. All indicators are rated as highly

implemented, with an overall mean of 4.56. This suggests that respondents generally view livelihood programs as consistently supportive of their rehabilitation.

Among the indicators, "Livelihood projects provided income-generating activities for inmates" receives the highest mean score. This shows that women PDL clearly value opportunities to earn while in custody. Having access to income- generating activities not only builds practical skills but also helps boost confidence and gives them a sense of purpose during their time in detention.

On the other hand, "Program effectiveness is regularly evaluated" obtains the lowest mean score, although it still falls within the "highly implemented" category. This points to a possible area for improvement. While the programs are already functioning well, more consistent monitoring and evaluation could strengthen their effectiveness and ensure long-term benefits.

Overall, the findings highlight the important role of livelihood programs in preparing women PDL for life after release. These activities support emotional well-being, skill development, and financial independence. This aligns with previous studies showing that PDL are able to apply the skills they learn while in custody to support their reintegration into society (Sarenas et al., 2024; Martinez and Buan, 2025). Table 5 presents the assessment of the extent of implementation of rehabilitation services in terms of interfaith programs.

Table 5. Assessment of the Extent of Implementation of Interfaith Programs as a Component of Rehabilitation Services for Women Persons Deprived of Liberty (PDL) in District and City Jails in Region XIII, Philippines

Interfaith Programs	**Mean**	**Verbal Description**	**Interpretation**
1. The jail facilitated interfaith activities respecting diverse beliefs.	4.76	Strongly Agree	Highly Implemented
2. Spiritual guidance and counseling were available.	4.65	Strongly Agree	Highly Implemented
3. Religious services and celebrations were regularly organized.	4.65	Strongly Agree	Highly Implemented
4. The program promoted tolerance and understanding.	4.75	Strongly Agree	Highly Implemented
5. Inmates felt supported in practicing their faith.	4.67	Strongly Agree	Highly Implemented
Overall Mean	**4.70**	**Strongly Agree**	**Highly Implemented**

Table 5 presents the assessment of rehabilitation services in terms of interfaith programs as perceived by women persons deprived of liberty (PDL) in district and city jails in Region XIII. All indicators are rated as "highly

implemented," with an overall mean of 4.70. This indicates that respondents consistently view interfaith programs as actively supporting their spiritual well-being and everyday coping while in custody.

The indicator "The jail facilitates interfaith activities respecting diverse beliefs" obtains the highest mean score, suggesting that women PDL value having their religious identities acknowledged. This reflects a genuine effort on the part of the facilities to create an inclusive environment where different faith traditions are respected. Studies show that religious diversity and spiritual inclusion in correctional settings contribute to meaning-making, psychological adjustment and rehabilitation among incarcerated individuals (Clear and Sumter, 2002; Jang and Johnson, 2022).

On the other hand, "Spiritual guidance and counseling are available" and "Religious services and celebrations are regularly organized" receive the lowest mean scores, although they still fall within the "highly implemented" range. This suggests that while these services exist, access may not always be consistent or sufficient. Prior research indicates that regular engagement with spiritual counseling and structured religious activities plays a key role in helping incarcerated women process emotions, cope with stress, and maintain hope during incarceration (Levitt and Loper, 2009; Ndung'u, 2021).

Overall, the findings highlight that interfaith program remain an important component of rehabilitation for women PDL. These programs not only provide spiritual nourishment but also foster emotional stability, resilience, and self- reflection. Participation in religious or spiritual activities has been linked to improved coping strategies, reduced psychological distress, and stronger motivation for personal change among incarcerated individuals (Ndung'u, 2021; Jang and Johnson, 2022). In addition, faith-based engagement often supports identity transformation and encourages prosocial behavior, which are essential elements in the rehabilitation process (Di Blasio, 2024; Clear and Sumter, 2002). In this way, integrating inclusive and accessible spiritual care into correctional programs helps prepare women PDL for reintegration and promotes their overall well-being. Table 6 presents the assessment of the extent of implementation of rehabilitation services in terms of paralegal services.

Table 6. Assessment of the Extent of Implementation of Paralegal Services as a Component of Rehabilitation Services for Women Persons Deprived of Liberty (PDL) in District and City Jails in Region XIII, Philippines

Paralegal Services	**Mean**	**Verbal Description**	**Interpretation**
1. Inmates had access to paralegal assistance.	4.61	Strongly Agree	Highly Implemented
2. Information sessions about inmate rights were provided.	4.61	Strongly Agree	Highly Implemented
3. Assistance with legal documents was available.	4.59	Strongly Agree	Highly Implemented
4. The program supported understanding of cases and court procedures.	4.57	Strongly Agree	Highly Implemented
5. Inmates felt empowered by the program.	4.46	Strongly Agree	Highly Implemented
Overall Mean	**4.57**	**Strongly Agree**	**Highly Implemented**

Table 6 presents the assessment of rehabilitation services in terms of paralegal services as perceived by women persons deprived of liberty (PDL) in district and city jails in Region XIII. All indicators are rated as "highly implemented," with an overall mean of 4.57. This result indicates that respondents generally perceive paralegal services as consistently available and effective in addressing their legal concerns and helping them understand judicial procedures.

Among the indicators, "Inmates have access to paralegal assistance" and "Information sessions about inmate rights are provided" obtain the highest mean scores. This suggests that women PDL place strong value on having regular access to legal assistance and clear, understandable information about their rights. With proper guidance, they are better able to follow court processes, understand the status of their cases, and explore possible legal remedies. This finding aligns with existing literature showing that paralegal programs improve access to justice and strengthen legal awareness among individuals involved in the criminal justice system (Wirya et al., 2020). When detainees understand legal procedures, they tend to participate more actively and confidently in their cases.

On the other hand, the indicator "Inmates feel empowered by the program" receives the lowest mean score, although it still falls within the "highly implemented" category. This suggests that while legal information and assistance are present and accessible, the deeper sense of personal empowerment may require further development. Access to legal knowledge does not always translate into confidence or the ability to assert one's rights without continuous support and encouragement.

Overall, the findings show that paralegal services play an important role in increasing legal awareness, helping women make informed decisions, and encouraging active participation in judicial processes. This observation is supported by UN Women (2022), which notes that access to paralegal assistance helps detainees better understand their legal situation, follow procedures, and cope with the stress associated with prolonged detention. In the Philippine context, community-based paralegal programs are also recognized for helping women overcome barriers to justice, improve legal knowledge, and gain access to appropriate remedies (UN Women Asia Pacific, 2022; Presidential Communications Office, 2024). The consistently high ratings in this study reinforce the view that paralegal services are an essential component of rehabilitation, as they strengthen women PDL' understanding of their rights and support their engagement with the justice system. Table 7 presents the assessment of the extent of implementation of rehabilitation services in terms of mental health services.

Table 7. Assessment of the Extent of Implementation of Mental Health Services as a Component of Rehabilitation Services for Women Persons Deprived of Liberty (PDL) in District and City Jails in Region XIII, Philippines

Mental Health Services	**Mean**	**Verbal Description**	**Interpretation**
1. Mental health screenings were conducted regularly.	4.41	Strongly Agree	Highly Implemented
2. Professional mental health providers were available.	4.39	Strongly Agree	Highly Implemented
3. Counselling was offered to address mental health issues.	4.53	Strongly Agree	Highly Implemented

4.Mental health awareness programs were provided.	4.51	Strongly Agree	Highly Implemented
5. Confidentiality and respect for inmate privacy were ensured.	4.61	Strongly Agree	Highly Implemented
Overall Mean	**4.49**	**Strongly Agree**	**Highly Implemented**

Table 7 presents the assessment of rehabilitation services in terms of mental health support as perceived by women persons deprived of liberty (PDL) in district and city jails in Region XIII. Overall, all indicators were rated as highly implemented, with an overall mean of 4.49. This indicates that respondents consistently perceived mental health services as well-established and supportive of their psychological well-being. The findings suggest that these programs are not only present but are regularly delivered as part of the rehabilitation process for women PDL. Among the indicators, "Confidentiality and respect for inmate privacy are ensured" obtains the highest mean score. This suggests that women PDL feel secure when accessing mental health services, particularly in sharing sensitive personal experiences. Privacy plays a crucial role in encouraging openness and trust, which are necessary for effective counseling and psychological support. In correctional settings, trauma-informed care highlights the importance of safety, confidentiality, and trust as core elements in addressing the complex mental health needs of incarcerated women (Fazel et al., 2016; World Health Organization, 2014). When these elements are consistently practiced, individuals are more likely to engage in treatment and disclose trauma-related concerns.

On the other hand, "Professional mental health providers are available" receives the lowest mean score, although it is still interpreted as highly implemented. This indicates that while services exist, there may be limitations in the consistent presence or accessibility of qualified professionals. Existing literature emphasizes that the availability of trained mental health staff directly influences the quality and continuity of care in correctional facilities (World Health Organization, 2014; United Nations Office on Drugs and Crime, 2015). Limited access may affect timely interventions, individualized treatment, and sustained therapeutic relationships.

Overall, the findings show that mental health services play a significant role in promoting emotional stability, improving coping mechanisms, and supporting the rehabilitation of women PDL. Studies demonstrate that structured mental health interventions—such as counseling, cognitive behavioral therapy, and trauma- informed programs—contribute to reduced psychological distress and better adjustment within correctional environments (Fazel et al., 2016; United Nations Office on Drugs and Crime, 2018). Furthermore, well-implemented services are associated with improved well-being and increased readiness for reintegration into society (United Nations Office on Drugs and Crime, 2018; World Health Organization, 2014). Strengthening the availability of qualified mental health professionals and expanding trauma-informed mental health interventions can further improve the effectiveness of rehabilitation services and better address the psychological needs of women persons deprived of liberty, ultimately supporting their successful rehabilitation and reintegration into society. Table 8 presents the overall assessment of the extent of implementation of rehabilitation services for Women Persons Deprived of Liberty (PDL) in terms of health services, educational programs, livelihood programs, interfaith programs, paralegal services and mental health services.

Table 8. Overall Assessment of the Extent of Implementation of Rehabilitation Services for Women Persons Deprived of Liberty in Selected District and City Jails in Region XIII, Philippines

Assessment of Rehabilitation Services	Overall Mean	Verbal Description	Interpretation
1. Health Services	4.45	Strongly Agree	Highly Implemented
2. Educational Programs	4.71	Strongly Agree	Highly Implemented
3. Livelihood Programs	4.56	Strongly Agree	Highly Implemented
4. Interfaith Programs	4.70	Strongly Agree	Highly Implemented
5. Paralegal Services	4.57	Strongly Agree	Highly Implemented
6. Mental Health Services	4.49	Strongly Agree	Highly Implemented
Grand Mean	**4.58**	**Strongly Agree**	**Highly Implemented**

The results show that rehabilitation services for persons deprived of liberty (PDL) are generally perceived as highly implemented, with a grand mean of 4.58. This suggests that women PDL regularly experience these programs as part of their daily life inside the facility, showing that there is an organized effort to support their rehabilitation and personal growth. This finding is consistent with the study of Caday and Calimlim (2023), which likewise reported that rehabilitation programs for women PDL in a Philippine district jail were generally implemented at a high level. Their findings suggest that educational, livelihood, spiritual, and support services contribute to the rehabilitation and personal development of incarcerated women, although continuous program improvement remains necessary.

Overall, the results show that educational and interfaith programs are the strongest parts of rehabilitation services, while health and mental health services, although available, still need further improvement. Providing these services in a more balanced and consistent way supports a more complete rehabilitation approach and better prepares PDL for reintegration into society, in line with international standards on correctional rehabilitation (UNODC, 2018; Romero-Carazas et al., 2025).

4.3. Differences in Respondents' Assessments According to Demographic Characteristics

Table 9 presents the test on differences in respondents' assessment of rehabilitation services according to their demographic profile.

Table 9. Results of the Kruskal–Wallis Test Showing Differences in Women Persons Deprived of Liberty (PDL) Respondents' Assessments of the Extent of Implementation of Rehabilitation Services According to Selected Demographic Characteristics

Demographic Profile	Rehabilitation Services	χ^2	df	p-value	Decision on H_0	Conclusion
Jail Type	Health Services	13.4	2	0.001	Reject	Significant

	Educational Programs	5.02	2	0.081	Accept	Not Significant
	Livelihood Programs	5.02	2	0.081	Accept	Not Significant
	Interfaith Programs	4.12	2	0.128	Accept	Not Significant
	Paralogal Services	6.64	2	0.036	Reject	Significant
	Mental Health Services	5.93	2	0.052	Accept	Not Significant
Age	Health Services	1.76	4	0.780	Accept	Not Significant
	Educational Programs	3.71	4	0.446	Accept	Not Significant
	Livelihood Programs	2.41	4	0.650	Accept	Not Significant
	Interfaith Programs	2.44	4	0.655	Accept	Not Significant
	Paralogal Services	4.31	4	0.308	Accept	Not Significant
	Mental Health Services	5.21	4	0.265	Accept	Not Significant
Type of Classification	Health Services	2.97	2	0.226	Accept	Not Significant
	Educational Programs	6.73	2	0.035	Reject	Significant
	Livelihood Programs	4.82	2	0.090	Accept	Not Significant
	Interfaith Programs	6.03	2	0.049	Reject	Significant
	Paralogal Services	5.61	2	0.061	Accept	Not Significant
	Mental Health Services	3.29	2	0.193	Accept	Not Significant
Length of Stay in Jail	Health Services	7.63	3	0.054	Accept	Not Significant
	Educational Programs	8.60	3	0.035	Reject	Significant
	Livelihood Programs	6.77	3	0.080	Accept	Not Significant
	Interfaith Programs	4.85	3	0.183	Accept	Not Significant
	Paralogal Services	2.25	3	0.522	Accept	Not Significant

	Mental Health Services	6.98	3	0.073	Accept	Not Significant
Civil Status	Health Services	4.56	4	0.336	Accept	Not Significant
	Educational Programs	2.17	4	0.704	Accept	Not Significant
	Livelihood Programs	3.26	4	0.515	Accept	Not Significant
	Interfaith Programs	2.44	4	0.655	Accept	Not Significant
	Paralogal Services	1.69	4	0.785	Accept	Not Significant
	Mental Health Services	3.37	4	0.498	Accept	Not Significant
Crime as Charged	Health Services	1.62	2	0.446	Accept	Not Significant
	Educational Programs	0.059	2	0.966	Accept	Not Significant
	Livelihood Programs	1.19	2	0.551	Accept	Not Significant
	Interfaith Programs	0.629	2	0.730	Accept	Not Significant
	Paralogal Services	0.29	2	0.865	Accept	Not Significant
	Mental Health Services	2.06	2	0.357	Accept	Not Significant
Educational Attainment	Health Services	10.1	7	0.180	Accept	Not Significant
	Educational Programs	12.4	7	0.088	Accept	Not Significant
	Livelihood Programs	14.0	7	0.050	Reject	Significant
	Interfaith Programs	5.24	7	0.630	Accept	Not Significant
	Paralogal Services	9.43	7	0.223	Accept	Not Significant
	Mental Health Services	7.02	7	0.427	Accept	Not Significant

The results presented in Table 9 indicate that, although the overall rating remains "Highly Implemented," respondents' experiences suggest that access to and utilization of rehabilitation services are not uniform among women Persons Deprived of Liberty (PDL). Variations in health and paralegal services across different jail types indicate that institutional contexts continue to influence service delivery despite the existence of standardized policies. Differences in available resources, staffing levels, infrastructure, and inter-agency coordination among

correctional facilities may affect inmates' access to medical care and legal assistance (Lindquist & Lindquist, 1999; Wirya et al., 2020). These institutional differences may explain why women confined in district and city jails reported varying experiences despite being governed by the same legal and correctional policies. This finding is also supported by De Vera et al. (2022), who reported that respondents' satisfaction with rehabilitation services varied according to selected personal characteristics. Together, these findings suggest that both institutional conditions and individual characteristics influence how rehabilitation programs are experienced by persons deprived of liberty.

Similarly, the significant differences observed in educational and interfaith programs based on inmate classification suggest that rehabilitation needs vary according to legal status. The predominance of detainees in the study indicates that most respondents were still awaiting the resolution of their legal cases, a situation that may influence both their rehabilitation needs and their participation in correctional programs. Research has shown that individuals in pretrial detention often experience uncertainty regarding their legal status, heightened psychological distress, and limited access to structured rehabilitation and reintegration programs because they have not yet been sentenced. In contrast, convicted inmates are generally more likely to participate in rehabilitation and reintegration activities that are incorporated into sentence management and correctional programming (Fazel et al., 2016; Andrade et al., 2024). These differences in legal status may partly explain the varying perceptions of educational and interfaith services among the respondents.

Length of stay also emerged as a significant factor influencing participation in educational programs. Women who have been incarcerated for longer periods may become more receptive to structured learning opportunities as they gradually adjust to the correctional environment and seek meaningful activities during confinement. This finding is consistent with previous research showing that continued participation in correctional education increases learners' engagement, promotes academic development, and supports successful rehabilitation and reintegration after release (Esperian, 2010; Sichimba and Mwanza, 2021). These findings suggest that longer periods of incarceration provide women PDL with greater opportunities to engage in educational activities, which may account for the differences observed among the respondents.

For livelihood programs, the significant differences observed across educational attainment suggest that existing interventions may be more accessible to women PDL with higher levels of formal education. Participants with stronger educational backgrounds are generally better prepared to understand instructions, acquire new knowledge, and participate effectively in vocational and skills-training activities. Previous studies have likewise shown that educational attainment influences participation and learning outcomes in correctional education and rehabilitation programs, emphasizing the importance of adapting instructional approaches to meet the diverse learning needs of incarcerated individuals (Davis et al., 2013; Romero-Carazas et al., 2025; Sichimba & Mwanza, 2021). These findings indicate that livelihood programs may become more effective when instructional approaches are adapted to accommodate women PDL with varying educational backgrounds through simplified learning materials and practical, hands-on training.

4.4. Lived Experiences of Women Persons Deprived of Liberty

Experiences of Women PDL in Relation to Rehabilitation Services

The qualitative phase of this study explored the experiences of women Persons Deprived of Liberty (PDL) in district and city jails in Region XIII, focusing on the rehabilitation services implemented in these facilities. Braun and Clarke (2006) thematic analysis guided the examination and interpretation of narratives gathered through in-depth interviews and focus group discussions. To uphold confidentiality and ethical standards, participants were assigned codes (e.g., PDL 1, PDL 2). Their responses are presented verbatim alongside English translations to preserve meaning while ensuring clarity.

Four major themes emerged from the participants' narratives: (1) Educational and Skills Training, (2) Livelihood and Productivity Programs, (3) Interfaith and Values-Based Activities, and (4) Health and Mental Health Services. Together, these themes reflect how rehabilitation services shape personal growth, coping mechanisms, skill development, and overall well-being among women PDL.

Theme 1: Educational Programs and Skills Training

Table 10. Major Theme and Core Ideas Emerging from Participants' Narratives on Educational Programs and Skills Training.

Major Theme	Core Ideas
Educational Programs and Skills Training	• Meaningful learning opportunities and self-improvement. • Development of vocational and practical skills. • Access to free formal and non-formal education programs.

Participants consistently described educational programs as meaningful opportunities for learning, reflection, and personal development. Both formal education, such as the Alternative Learning System (ALS), and non-formal training programs like TESDA and KKDK were viewed as helpful and transformative.

One participant shared:

"Ako ay nakaranas ng maayos na pagkakaintindihan, lalo na sa KKDK natutunanko ang tungkol sa droga, kung gaano kahalaga ang buhay." *(I experienced good understanding, especially in the KKDK, where I learned about drugs and how valuable life is.) (PDL1)*

This response suggests that beyond gaining knowledge, participants also develop a deeper awareness of their choices and their consequences. Programs like KKDK appear to support both prevention and personal reform.

Others highlighted the value of practical skills:

"Pagmanicure ma'am, sa TESDA." (Manicure training, ma'am, from TESDA.) (PDL2)

"Tahi-tahi, tapos volleyball ug luto-luto." (Sewing, then volleyball, and cooking.) (PDL3)

These examples show how vocational training helps participants prepare for employment and productive engagement after release.

ALS, in particular, was seen as structured and goal-oriented:

"Kung ALS hangtod, until ra na tuig kay nagskwela man ka… hangtod sa pagtapos." (If it's ALS, it only lasts for one year because you are studying. It goes until completion.) (PDL4)

It was also appreciated as an accessible opportunity:

"Oportunidad na nga gihatag ni sa jail, walay bayad, wala kay gastuhan." (It's an opportunity given by the jail, free of charge.) *(PDL5)*

Overall, these accounts suggest that educational programs are not simply activities but structured interventions that encourage self-improvement and prepare women PDL for reintegration. Presenting participant voices in this way also strengthens the credibility of qualitative findings, as recommended in established reporting standards (Braun and Clarke, 2006; O'Brien et al., 2014; Nowell et al., 2017).

Theme 2: Livelihood and Productivity Programs

Table 11. Major Theme and Core Ideas Emerging from Participants' Narratives on Livelihood and Productivity Programs.

Major Theme	Core Ideas
Livelihood and Productivity Programs	• Productive use of time through livelihood activities. • Emotional relief and reduction of stress. • Opportunity to earn income and support • family needs.

Livelihood programs were frequently described as a source of both emotional relief and practical support. Participants associated these activities with reduced stress, increased productivity, and the ability to support their families.

One participant explained:

"Nag-conduct pud sila ug mga activity. Mag-livelihood mi, mao ra toy akong nasinatian." (They conduct activities for us. We engage in livelihood programs—that's what I experienced.) *(PDL 6)*

Another emphasized the personal impact:

"Ang pinaka nakatabang sa ako sa pag-relieve sa akong stress mao ang livelihood program… Makatabang pud ko sa akong pamilya pinaagi sa akong income." (The livelihood program helped me the most in relieving my stress… I can also help my family through the income I earn.) (PDL 7)

These responses highlight how livelihood programs go beyond skill-building—they also provide emotional stability and a sense of purpose.

One participant also recognized the role of institutional support:

"Ay natural ang BJMP. Kaakibat nila ang uban pa nga ahensiya sa gobyerno… Naa lay kakulangan gamay, pero madala ra." (Of course, the BJMP works with other government agencies… There are only minor shortcomings, but these can be managed.) (*PDL 6)*

Specific activities were mentioned:

"Na-a mi livelihood maghimo og bag, maghimo og pitaka." (We have livelihood programs like making bags and wallets.) (PDL 15)

At the same time, one participant pointed out areas for improvement:

"Ang livelihood mas mapa enhance… makatabang pud sa pagprovide ug materials ug marketing." (Livelihood programs should be further enhanced, including support for materials and marketing.) (PDL 7)

These insights suggest that while livelihood programs are beneficial, strengthening resources and sustainability could further improve their impact. This finding also supports the work of Caday and Calimlim (2023), who reported that livelihood activities helped women PDL develop practical skills and encouraged productive engagement while in custody, although sustained institutional support remained essential for maximizing program benefits.

Theme 3: Interfaith and Values-Based Activities

Table 12. Major Theme and Core Ideas Emerging from Participants' Narratives on Interfaith and Values-Based Activities

Major Theme	Core Ideas
Interfaith and Values-Based Activities	• Participation in spiritual and religious programs. • Emotional comfort, hope, and coping support. • Personal reflection and strengthened • faith.

Interfaith and values-based programs were consistently described as important sources of comfort, reflection, and hope. Many participants shared that these activities helped them cope emotionally and find meaning in their situation.

One participant shared:

"Ga-tambong mi halos kada Monday para sa VRP, dayon praise and worship, Bible sharing." (We attend almost every Monday for the Values Restoration Program, followed by praise and worship and Bible sharing.) (PDL 8)

Others connected these activities to emotional healing:

"Ila ming ginatabangan nga mawala among kasubo… nga may purpose ang Ginoo nganong naa mi diri." (They help ease our sadness… reminding us that God has a purpose for why we are here.) (PDL 9)

Personal realizations were also evident:

"Anam-anam makakuan jud kag naay Ginoo." (Little by little, you realize that there is truly a God.) (PDL 10)

Faith-based encouragement was shared among participants:

"Naa ra ang Ginoo; ikaw ra ang nibiya." (God is always there; it is you who left Him.) (PDL 2)

Taken together, these narratives show that spiritual activities provide more than opportunities for religious practice. For many women PDL, they offer emotional support, encourage self-reflection, and help them develop hope while adjusting to life in detention. These programs also appear to strengthen their ability to cope with stress and maintain a more positive outlook despite the challenges of incarceration.

These experiences are consistent with previous research showing that faith-based and spiritual programs can contribute to emotional well-being, strengthen resilience, and encourage positive behavioral change among incarcerated individuals. Studies have found that participation in religious activities provides a sense of meaning, hope, and social support, which can reduce emotional distress and promote personal transformation during incarceration (Jang and Johnson, 2023; Krause and Bastida, 2011). Similar observations have also been reported among incarcerated women, where spiritual engagement helped participants cope with imprisonment, reflect on their experiences, and rebuild a more positive sense of self (Convocar et al., 2019; Crewe et al., 2017).

Theme 4: Health and Mental Health Services

Table 13. Major Theme and Core Ideas Emerging from Participants' Narratives on Health and Mental Health Services.

Major Theme	Core Ideas
Health and Mental Health Services	• Availability of basic health and medical services. • Need for improved nutrition, medicine, and equipment. • Need for stronger mental health and stress-management support.

Participants acknowledged that basic health services were available in the facilities; however, they also identified several areas requiring improvement.

Access to medical services was noted:

"Na-a pud mi medical diri-a… mga 3 to 6 months." (We also have medical services here… every three to six months.) (PDL 16)

However, some felt that more frequent check-ups would be beneficial:

"Sa health service, okay man tong naay monthly check-up kita." (It would be better if we had monthly check-ups.) (PDL 7)

Concerns about equipment were also raised:

"Ang timbangan namo murag dili na siya sakto." (Our weighing scale seems inaccurate.) (PDL 12)

"Ingon sila kutob ra diay 70, mao na gi-request nga bag-ohan." (They said it only goes up to 70, so it needs replacement.) (PDL 13)

Nutrition was another concern:

"Ang improvement sa food nga bisan once a day naay gulay…" (Food should be improved by serving vegetables at least once a day.) (PDL 3)

Participants also highlighted challenges in accessing medication:

"Unsaon man kung ang preso walay ikapalit?" (What happens if the inmate has no money to buy medicine?) (PDL 7)

Mental health support was mentioned as an area needing attention:

"Kinahanglan ug physical activities… kay stress reliever." (There should be physical activities because they relieve stress.) (PDL 14)

These responses indicate that while basic health services are available in the facilities, there is still room to improve the provision of medical supplies, nutrition, and mental health support to better meet the needs of women Persons Deprived of Liberty (PDL). Evidence from both local and international studies shows that many incarcerated individuals experience considerable psychological distress, including anxiety, depression, and other emotional challenges, yet access to structured mental health services often remains limited. These findings underscore the importance of strengthening psychosocial support, expanding counseling services, and providing activities that promote resilience and emotional well-being among women PDL (Fazel et al., 2016; Acedera et al., 2025).

These narratives show that while health and mental health services are present and functional, improvements in medical supplies, nutrition, equipment reliability, frequency of check-ups, and expanded stress-management activities could further enhance support for women PDL.

Overall, the narratives across the four themes show that rehabilitation services for women PDL are experienced as meaningful, supportive, and largely responsive to their needs. The findings demonstrate that educational opportunities, livelihood training, spiritual support, and health services contribute to personal growth and rehabilitation. Similar conclusions were reached by Bonggot et al. (2024), who found that positive rehabilitation experiences during incarceration played an important role in helping former inmates rebuild their lives and reintegrate into society.

These findings are consistent with international literature, which emphasizes that gender-responsive rehabilitation programs that integrate education, livelihood, spiritual support, and healthcare contribute to improved well-being, reduced vulnerability, and better reintegration outcomes for women in custody (United Nations Office on Drugs and Crime, 2017; World Health Organization, 2014; UNESCO, 2015).

5.0. Conclusions and Future Recommendations

5.1. Conclusions

Based on the findings of the study, it can be concluded that rehabilitation services for women PDL in Region XIII are generally highly implemented and contribute significantly to personal development, emotional well-being, skills enhancement, legal awareness, and preparation for reintegration.

Educational and interfaith programs emerged as particularly strong components of the rehabilitation framework, fostering learning, values formation, spiritual growth, resilience, and constructive coping mechanisms. These services play an essential role in promoting positive behavioral change and strengthening women's capacity for reintegration.

Despite the overall high level of implementation, the presence of significant differences of certain services across jail types, type of classification, length of stay, and educational attainment indicates that rehabilitation services are not experienced uniformly. Jail type, type of classification, length of stay, and educational attainment influenced how women perceive of certain services and available programs.

While health and mental health services were rated as highly implemented, findings suggest the need for further strengthening in areas such as consistent medicine supply, improved nutrition, regular health monitoring, and expanded psychosocial interventions. Livelihood programs are beneficial but require more inclusive and systematically evaluated approaches to accommodate women with varying educational levels.

Overall, effective rehabilitation for women PDL requires not only program availability but also equitable implementation, continuous improvement, and responsiveness to the specific realities of women in jail settings.

5.2. Recommendations

Based on the findings of the study, the following recommendations are proposed:

1. **Strengthen Health and Nutrition Services**. Ensure the continuous availability of essential medicines, adequate healthcare, and nutritious meals by improving procurement systems, inventory management, and partnerships with local health agencies and community organizations.

2. **Enhance Mental Health Programs**. Expand access to regular counseling, psychological assessments, stress management activities, and trauma-informed interventions through collaboration with licensed mental health professionals and academic institutions.

3. **Improve Inclusive Livelihood and Skills Development Programs**. Design livelihood training that accommodates women PDL with varying educational backgrounds, using practical and hands-on approaches while linking programs to employment, entrepreneurship, and post-release reintegration opportunities.

4. **Promote Equitable Rehabilitation Services Across Jail Facilities**. Review resource allocation, staffing, and service delivery to ensure that women PDL receive equitable access to rehabilitation programs regardless of jail type, while strengthening paralegal services through regular legal education and assistance.

5. **Sustain and Regularly Evaluate Rehabilitation Programs**. Continue enhancing educational, spiritual, and interfaith programs, and institutionalize a standardized monitoring and evaluation system that incorporates feedback from women PDL to improve program effectiveness and responsiveness.

6. **Encourage Further Research on Women PDL Rehabilitation**. Future studies should examine the long-term outcomes of rehabilitation services, including employment, recidivism, and community reintegration,

using longitudinal and mixed-method approaches and developing more gender-responsive and culturally appropriate evaluation tools.

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Competing Interests Statement

The author declares that there are no competing interests that could have influenced the conduct, results, or interpretation of this study.

Consent for publication

The author consents to the publication of this manuscript.

Authors' Contributions

The author solely conceptualized the study, collected and analyzed the data, and prepared the final manuscript.

Informed Consent

Informed consent was obtained from all participants prior to their involvement in the study.

Availability of Data and Material

The data supporting the findings of this study are available from the author upon reasonable request.

Institutional Review Board Statement

This study was conducted in accordance with institutional guidelines. Formal IRB classification was not applicable.

Ethical Approval

Ethical approval was obtained from the appropriate institutional committee prior to the conduct of the study.

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No artificial intelligence tools were used in the writing or preparation of this manuscript.

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